

## EMPIRICALLY BASED TREATMENTS FOR COMMON DISORDERS OF CHILDHOOD AND ADOLESCENCE

**DATES & TIME:** 9/21, 9/28, 10/5, 10/19, 10/26, 11/2,  
11/16, 11/23, 11/30, 12/7/2009 AND 1:00 PM – 2:30 PM  
1/04, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22,  
3/1, 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/19,  
4/26, 5/3, 5/10, 5/17, and 5/24/2010

**Registration begins 30 minutes prior to starting time. All participants must arrive during registration period.**

**PLACE:** Harbor UCLA  
1000 W. Carson Street  
Torrance, CA 90509

**PARKING:** On premises

In this course, attendees will be exposed to a comprehensive review of research-based treatments for common disorders of childhood and adolescence. During the course, participants will enhance their diagnostic accuracy for the diagnoses of Major Depressive Disorder, Posttraumatic Stress Disorder, Acute Stress Disorder, and other commonly diagnosed childhood disorders. Participants will also receive detailed instruction regarding the delivery of several evidence-based therapies, such as cognitive-behavioral therapy, behavioral therapy, and parent-child dyadic treatments. Several manualized treatments will be reviewed, discussed, and demonstrated via multi-media demonstrations. In addition to the review of the course material, attendees will enhance their ability to develop treatment plans via course activities and homework assignments. The educational information will be presented through a variety of methods, including didactic instruction, experiential learning, demonstration of techniques, and video clips of sessions.

**PREREQUISITE:** Participants are required to be a part of a functioning DBT team in order to participate in the training. **Preapproval** from instructor is required.

**OBJECTIVES:** As a result of attending this training, participants should be able to:

1. **Name** symptoms of common childhood disorders, such as: Major Depressive Disorder, Posttraumatic Stress Disorder, Acute Stress Disorder.
2. **Describe** common clinical presentations of disorders as they manifest in children and adolescents
3. **Create** an evidence-based treatment plan, in which childhood disorders are matched to evidence-based or research-based treatments
4. **List** a number of research-based treatments
5. **Deliver** CBT-based treatments to youth and their parents
6. **Write** treatment plans based upon research evidence
7. **Describe** trauma-related stigmatization
8. **Name** culturally and developmentally appropriate ways to deliver or modify research-based techniques
9. **List** developmentally sensitive therapy techniques
10. **Describe** the developmentally sensitive modifications using CBT terminology

**CONDUCTED BY:** Michele Berk, Ph.D., Director  
Adolescent CBT and DBT Clinics/Assistant Professor of Psychiatry  
Janine Shelby, PhD, Director  
Child Psychology Training, Harbor-UCLA/Assistant Professor-UCLA

**COORDINATED BY:** Luis G. Escalante, MSW, Training Coordinator  
[lescalante@dmh.lacounty.gov](mailto:lescalante@dmh.lacounty.gov)

**DEADLINE:** None

**CONTINUING EDUCATION:** 6 hours for: BBS, BRN, CAADAC  
CE for Psychologists  
Participants must complete at least 40.5 hours of instruction to receive class credit. No partial credit will be allowed.